

# Walk This Weigh Nutrition Tips

Here are 50 more ideas for reducing fat, lowering calories, and modifying your eating habits to more closely match the Food Guide Pyramid. These make great choices for a daily goal. Remember to record them on your *Walk This Weigh Weekly Journal*.

1. Like most bread, a pita pocket has very little fat and only 70-80 calories an ounce. But it's small – a 7-inch pita weighs about 2 ounces – so it has about ½ the calories of a sandwich roll or bagel. For optimum nutrition, select whole-wheat rather than refined-wheat pita.
2. Wrap fresh vegetables in paper towels and store them in unsealed plastic bags in the refrigerator to keep excess moisture from speeding spoilage.
3. Bring water to a boil before adding vegetables to retain more nutrients. Better still, microwave or steam until crisp-tender.
4. If you like red meat, choose lean cuts – sirloins, tenderloin, top loins, top round, eye of round, and select-grade round tip. Trim all visible fat and keep portions small (about the size of a deck of cards) for servings with under 200 calories.
5. Make your own dips from low-fat yogurt or low-fat cottage cheese for up to 10 times less fat and 1/3 the calories of commercial dips.
6. You can have an extra pancake for about the same number of calories you'd avoid if you use light syrups and skip the butter.
7. Try an English muffin with a thin spread of jam instead of a croissant for 1/10 the fat and about half as many calories.
8. Most people eat more when they attend large gatherings. Be extra careful when you go to parties or holiday functions.
9. Try getting into the habit of adding fresh fruit to whole grain cereal. It's less expensive and a better nutritional choice than most dried fruit-containing cereals.
10. Whole-milk frozen yogurt has as much fat as ice cream. Select frozen yogurt made with low-fat or nonfat milk for a sweet, cool treat.
11. Consider evaporated skim milk instead of cream for recipes. It has about 75% fewer calories and almost no fat.
12. If ripe fruit isn't available when you shop, buy unripened and store it in a paper bag for a few days. The ethylene gas it gives off speeds up ripening.
13. Use buttermilk (there's no butter in it) as an alternative for whole milk; most brands are about 1% fat. It's a refreshing drink and can be used in recipes calling for milk.
14. Substitute buffalo or venison for beef in meat dishes or as steaks and you'll decrease your fat consumption by more than half.
15. Broil skinless chicken breast, for ¾ less fat and half the calories of white meat chicken cooked with the skin.
16. Consider vegetables and grains the main course in meals and meat as a side dish. This change will naturally decrease fat and calories as well as increase fiber in your diet.
17. Try recipes with beans and other legumes in place of meat dishes. You'll decrease fat and calories, while increasing fiber in your diet.
18. If you're grabbing a quick meal at the drive-thru, consider roast beef, a plain hamburger, or light menu items such as a bean burrito. A plain hamburger has about ½ the fat of a bacon cheeseburger. Better still, carry some fruit and dry cereal for snacking in the car until you can prepare a better meal at home.
19. Try olive and canola oils in cooking. They have the same calories as other vegetable oils, but are higher in monounsaturated fat, which is better for your heart. In all recipes, consider using 1/3 less oil than what's called for to decrease fat and calories.
20. Lean pork tenderloin is a good, low-fat meat entrée, with about 4 grams of fat in a 3-ounce serving.
21. Most commercial bagels are at least 2-3 bread servings. Select whole-grain varieties for optimum nutrition and eat plain or with low-fat spreads.
22. Try switching from sodas to bottled water. Just 1 less can of regular soda a day would save enough calories to help you lose 14 pounds a year. And diet sodas may not be the answer. One study found people who drink diet soft drinks actually gain more weight than those who drink regular.
23. Sweet potatoes have only a few more calories (about 100 more for 3-1/2 ounces baked) than white potatoes, but lots more nutritional value – 3 times the RDA for beta carotene and 50% of the daily vitamin C recommendation.

- 24.** Refrigerate soups, stew, gravy, and sauces to remove fat. It congeals and rises to the top where you can skim it off easily.
- 25.** If you're trying to switch from whole milk to skim, add a tablespoon or 2 of nonfat dried milk to each cup – it makes it thicker and richer tasting without adding fat.
- 26.** Freeze bananas, strawberries, blueberries, and grapes for a sweet, cold treat right out of the freezer.
- 27.** Add canned pumpkin to soups, pancakes, bread, muffins, and cookies for a fiber and iron boost. A half cup has more beta carotene than most supplements – at under 50 calories.
- 28.** With 35% of calories from fat, 2% milk really isn't a low-fat choice (whole milk is 50% of calories from fat). Try switching to skim milk – for all the calcium and virtually no fat.
- 29.** Try applesauce rather than an equal amount of oil, margarine, or butter in baking recipes.
- 30.** Substitute beans or grains for some of the meat in hamburger dishes – it extends the meat, lowers the fat, and increases fiber content.
- 31.** For 50% less fat in hamburger sauces and chili, blot the cooked meat with paper towels and rinse it in a strainer with hot water.
- 32.** Boost the nutritional value of salads with dark greens such as romaine lettuce – it has 6 times the vitamin C and 8 times the beta-carotene as iceberg lettuce.
- 33.** Try to eat at least 1 cruciferous vegetable a day – broccoli, cabbage, cauliflower, collards, kale, mustard greens, and Brussels sprouts.
- 34.** Limit packaged versions of otherwise healthy, low-fat foods; such as potato mixes, rice dishes, bagel/pita bits or crisps, stuffing/bread mixes, frozen vegetables in sauce, pre-popped and microwave popcorn, refried beans. They're often high-fat, high-calorie alternatives.
- 35.** For an after work/school treat, fig bars, ginger snaps, and graham crackers are great low-fat choices.
- 36.** If you're traveling by plane, ask the airline or travel agent for low-calorie or low-fat meal options.
- 37.** If you're unsure of the fat content in crackers, chips, or other snacks, rub them with a paper napkin. A grease mark means more fat than you need.
- 38.** Microwave whenever possible to save time and nutrients. A tablespoon of water in a covered microwave dish is usually enough to prevent burning.
- 39.** Keep and eat the skin of the potato – ounce for ounce it has more fiber, iron, potassium, and B vitamins than the flesh.
- 40.** Store-bought bran muffins aren't necessarily a healthy choice. Some have more fat than a Big Mac and over 500 calories. Read the label carefully.
- 41.** Try to include skinless turkey breast in your diet regularly; it's one of the leanest meats you can eat (1 3-ounce serving has less than a gram of fat). Turkey cold cuts or turkey franks however can be quite high in fat.
- 42.** Shoot for 8 cups of water a day and more if you exercise and perspire heavily.
- 43.** Substitute nonfat cottage cheese in casseroles, quiches, dips, spreads, salad dressings, and cheesecakes.
- 44.** Switch to light cream cheese (5 grams of fat/ounce) instead of regular (10 grams) and reduce the amount, for fewer calories and less fat.
- 45.** Use nonfat sour cream instead of full-fat. With about 300 fewer calories and no fat, it can be used in dips, dressings and other dishes.
- 46.** Store bananas at peak ripeness in the refrigerator to keep them longer. The skins turn brown but the inside remains firm and sweet.
- 47.** Keep low-fat vanilla yogurt on hand to mix with your favorite fruit of the day.
- 48.** Many supermarkets have pamphlets on storage and preparation for less familiar fruits and vegetables. Try a new one each week.
- 49.** For fresh, whole-grain bread every morning, use a bread maker. Preparation time is less than 5 minutes and can cost as little as 50 cents a loaf.
- 50.** Keep a box of spoon-sized shredded wheat at work or in the car for a healthy snack on your commute home.

Remember, *Walk This Weigh* isn't a diet, because diets don't work. But once walking becomes a habit – part of your everyday routine – you can turn your attention to modest changes in eating patterns that will move you closer to your health and weight goals.